

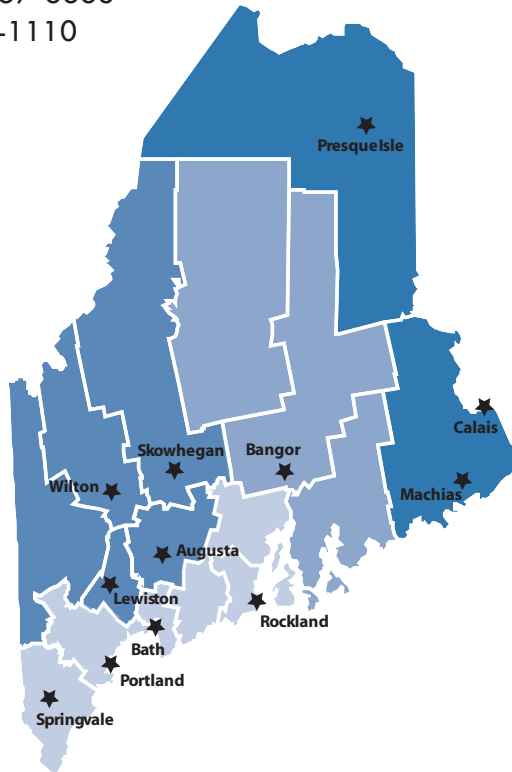


The Maine CareerCenter network consists of 12 full-service centers and additional service points and partner providers located throughout the state.

For a complete list of locations, visit: [www.mainecareercenter.com](http://www.mainecareercenter.com)

Or call 1-888-457-8883

TTY: 1-800-794-1110



## Migrant & Seasonal Farmworker

### Western Maine Resource Directory

September 2010



[www.mainecareercenter.com](http://www.mainecareercenter.com)

*The Maine Department of Labor provides equal opportunity in employment and programs.  
Auxiliary aids and services are available to individuals with disabilities upon request.*

Provided by

**MAINE**  
DEPARTMENT OF  
**LABOR**

**CareerCenter**  
The Maine Employment Resource



# Migrant & Seasonal Farmworker

## Western Maine Resource Directory

Androscoggin, Somerset, Franklin, Oxford and Kennebec Counties

September 2010

### **Compiled and issued by:**

Maine Department of Labor  
Bureau of Employment Services  
and the Maine CareerCenter

This resource guide is for individuals and organizations that work with Maine's migrant and seasonal farmworkers. It is not a complete listing of every service provider in Maine, but rather a list of the agencies that either provide services to farmworkers or could prove to be useful resources to serve farmworkers and their families.

We continue to build this directory and welcome your suggestions for subsequent editions. Please submit additions and corrections to the address below.

### **For additional copies, contact:**

Bureau of Employment Services  
55 State House Station  
Augusta, ME 04333-0055  
1-888-457-8883  
TTY: 1-800-794-1110

## Statewide Resources

### Dial 2-1-1 for social services help

One number – thousands of services. 2-1-1 is an easy-to-remember number that connects people who want to give help or get help with a full range of health and human services in their community.

2-1-1 Maine, Inc. is a nonprofit organization formed in partnership with United Ways of Maine and Youth Alternatives Ingraham to develop a health and human services information and referral service system to serve the entire State of Maine, every day and in times of crisis.

You can access this statewide directory of over 9,000 resources either by **dialing 211 on your phone** or online at **[www.211maine.org](http://www.211maine.org)**.

### Hotlines/Crisis Numbers

#### Poison Control Center

Voice: 1-800-222-1222  
TTY: 1-877-299-4447

#### Maine Statewide Crisis

Voice and TTY: 1-888-568-1112

#### Suicide Prevention

Voice and TTY: 1-888-568-1112

#### National Suicide Prevention Lifeline

1-800-273-TALK (273-8255)

#### Mental Health Crisis only

Voice: 1-888-568-1112  
TTY: 1-800-606-0215

#### Child Abuse

Voice: 1-800-452-1999  
(neglect reports only)  
TTY: 1-800-963-9490

#### Adult and Elder Abuse

Voice: 1-800-624-8404  
(neglect reports)  
TTY: 1-800-624-8404  
TTY after hours: 1-800-963-9490

#### Sexual Assault Support

Voice: 1-800-871-7741  
TTY: 1-888-458-5599

#### Domestic Violence

1-866-834-4357

#### Alcoholics Anonymous (AA)

1-800-737-6237

#### Statewide Alanon

1-800-498-1844

#### Substance Abuse

1-888-568-1112

#### Narcotics Anonymous (NA)

1-800-974-0062

#### Maine Tobacco Helpline

1-800-207-1230

#### Drug Tips (drug tip information to the MDEA)

1-800-452-6457

## **Maine Department of Labor**

### **Bureau of Employment Services**

*Coordinates migrant and immigrant issues in Maine, ensuring that these workers obtain social services, helping employers hire foreign workers and promoting awareness of the needs of migrant and immigrant communities throughout Maine.*

#### **State Monitor Advocate**

Juan A. Perez-Febles  
55 State House Station  
Augusta, ME 04333-0055  
207-623-7971  
TTY: 1-800-794-1110

#### **Alien Labor Certification**

Jorge Acero  
55 State House Station  
Augusta, ME 04333-0055  
207-623-7928  
TTY: 1-800-794-1110

#### **Migrant Farm Worker Hotline**

1-888-307-9800  
Spanish-speaking operator

## **Catholic Charities Maine**

### **Refugee and Immigration Services**

*Serving refugees in the State of Maine. Catholic Charities Resettlement Services offers a comprehensive program of the reception and placement of refugees resettling in the Portland diocese. Resettlement services promote community acceptance and early self-sufficiency.*

*Other available services include: services for victims of human trafficking, including sexual and labor exploitation, elder services case management including literacy and citizenship training, airport*

*reception, assurance of basic needs (food, clothing, and housing), cultural orientation, education and training for employment, mental health case management, and assistance with family reunification.*

250 Anderson Street  
Portland, ME 04101  
207-871-7437  
Hours: 8 a.m. to 5 p.m.  
Website: [www.ccmaine.org](http://www.ccmaine.org)

Spanish-speaking staff and interpreter services available at:  
207-523-2700.

### **Immigrant Legal Advocacy Project (ILAP)**

*ILAP specializes in immigration law and can assist low-income immigrants and their U.S. citizen family members with:*

- petitions to help family members become permanent residents
- applications for residency for certain persons from El Salvador, Guatemala, Nicaragua, and Cuba
- applications for U.S. citizenship
- deportation defense
- other issues

*ILAP conducts informational workshops for immigrant community groups and can provide written informational materials about certain immigration benefits. The website lists basic immigration law information. ILAP charges no or low fees for its services.*

309 Cumberland Avenue, Suite 201  
Portland, ME 04112  
207-780-1593  
Toll Free: 1-800-497-8505  
Website: [www.ilapmaine.org](http://www.ilapmaine.org)  
Spanish speaking staff available.  
Hours: 9 a.m. to 5 p.m., Monday to Friday  
(closed Wednesdays)

### **Maine Migrant Education Program**

*The aim of this project is to identify and recruit migrant children (birth through age 21) throughout the state for educational and support service programs offered by the Maine Migrant Education Program. Migrant children may receive supplementary basic skills instruction, supportive health services, and social service referrals, etc. The Maine Migrant Education Program works closely with other state migrant programs in an effort to provide migrant students with the best possible education and increase the number of migrant students graduating from high school.*

23 State House Station  
Augusta, ME 04333-0023  
207-624-6723  
Toll Free: 1-800-452-1909

### **Maine Migrant Health Program (MMHP)**

*MMHP's mission is to improve the health status of migrant and seasonal farmworkers and their families by providing culturally appropriate care and services. Mobile units and outreach workers travel throughout the blueberry, apple, eggs, Christmas wreath, tree-planting, and broccoli camps offering not only medical and nursing care, but also access to dental services, health education, case management, transportation, and interpretation to MSFWs and their families.*

*MMHP coordinates a farmworkers' resource center in the Downeast region during the blueberry harvest, providing central access to medical, nursing, and dental services. The resource center also provides farmworkers with access to educational services, social services, a good pantry, and legal aid.*

9 Green Street  
Augusta, ME 04332  
207-622-9252  
Toll Free: 1-888-351-9634

### **Maine Service Advocates in Foreign Languages and English**

#### **(Maine S.A.F.E.)**

*Maine S.A.F.E.'s mission is to improve the quality of life for Maine's migrant and immigrant populations by facilitating clear communication to people needing help in understanding one another and the environments in which they live and work.*

2802 Riverside Drive  
Vassalboro, ME 04989  
207-314-4214

### **Maine Workers' Compensation Board**

*Regional Offices in Augusta, Bangor, Caribou, Lewiston, Portland. See listing in Local Resources for details.*

27 State House Station  
Augusta, ME 04333-0027  
207-287-3751  
Toll Free (in Maine only): 1-888-801-9087  
TTY: 1-877-832-5525

## Nationwide Resources

### **National Center for Farmworker Health, Inc.**

1770 FM 967  
Buda, TX 78610  
512-312-2700  
Toll Free: 1-800-531-5120

### **National Domestic Violence Hotline**

Toll Free Hotline: 1-800-799-7233  
TTY: 1-800-787-3224  
Free – Anonymous – Confidential  
170 languages  
24 hours per day

### **National Suicide and Crisis Hotlines**

Toll Free – 24 hours per day – 7 days per week  
1-800-784-2433  
1-800-273-8255  
TTY: 1-800-799-4889

### **U. S. Border Patrol**

Houlton Sector Headquarters (covers all of Maine)  
96 Calais Road  
Hodgdon, ME 04730  
207-532-6521  
Toll Free: 1-800-851-8727

### **U. S. Department of Homeland Security**

#### **Citizenship and Immigration Service**

176 Gannet Drive  
South Portland, ME 04106  
207-780-3624  
National Toll Free: 1-800-375-5283  
Call for appointment

### **U. S. Department of Labor**

#### **Wage and Hour Division**

1750 Elm Street, suite 111  
Manchester, NH 03104  
603-666-7716  
Spanish speaking staff available.

### **Division of Adult Services**

#### **MSFW and Native Americans Unit**

200 Constitution Avenue, N.W.  
Room S-4209  
Washington, DC 20210  
202-693-3046

## Local Child and Family Services

### **Androscoggin Head Start and Child Care**

*Offering pre-kindergarten, Head Start, and child care programs, and child and adult care food programs in Androscoggin County.*

269 Bates Street  
Lewiston, ME 04240

For all locations and programs: 207-795-4040

Website: [www.androscogginheadstart.org](http://www.androscogginheadstart.org)

### **Community Health and Counseling Services of Maine**

*Offering children's services, adult mental health services, and home health services.*

Website: [www.chcs-me.org](http://www.chcs-me.org)

### **Auburn**

1441 Hotel Road  
Auburn, ME 04210  
207-777-1845  
Children's services

### **East Winthrop**

Route 202  
East Winthrop, ME 04343  
207-395-2555  
Children's services

### **Skowhegan**

78 Madison Avenue  
Skowhegan, ME 04976  
207-858-4860  
Children's services

### **New Beginnings**

*Serving runaway and homeless youths and their families who are in crisis due to unstable or conflictive living situations.*

436 Main Street  
Lewiston, ME 04240  
207-795-4070  
Website: [www.newbeginmaine.org](http://www.newbeginmaine.org)

### **Residential Services – emergency shelter**

491 Main Street,  
Lewiston, ME 04240  
207-795-4070

### **Transitional Living Program**

436 & 597 Main Street  
Lewiston, ME 04240  
207-795-4074

124 Main Street  
Farmington, ME  
207-778-6183

### **Community Services**

Outreach Services  
245 Lisbon Street  
Lewiston, ME 04240  
207-795-6831

### **HIV Prevention/Research/Training**

436 Main Street  
Lewiston, ME 04240

### **National runaway Switchboard**

1-800-RUNAWAY



### **Rural Community Action Ministries**

81 Church Hill Road  
Leeds, ME  
207-524-5095  
Website: [www.rcam.net](http://www.rcam.net)

### **Southern Kennebec Child Development Corporation**

*Early Head Start, Head Start, child care, Child & Adult Care Food Program, Care for ME program, Child Care Options Resource Development Center, and Home Start program.*

337 Maine Avenue  
Farmingdale, ME 04344  
207-582-3110  
Toll Free: 1-800-525-2229  
Website: [www.skcdc.org](http://www.skcdc.org)

### **YWCA Intervention Program**

*Serving young people ages 11 and over from Androscoggin County. Services include individual counseling; groups for victims of sexual, physical, and psychological abuse; high-risk behavior prevention; pregnancy testing and prevention services; pregnancy classes; parenting group; family mediation.*

130 East Avenue  
Lewiston, ME 04240  
207-795-4054 ext. 120  
Hours: 8 a.m. to 5 p.m.  
No Fees.

### **Youth & Family Services, Inc.**

*Providing quality treatment for individual, marital and family problems including substance abuse services. Provides home-based services, including short-term intensive counseling and services directed to families at risk of child removal, children's case management, community case management for adult individuals with mental retardation and autism, and outreach to homeless youth. Halcyon House, the homeless youth shelter, serves children between the ages of 10 and 17.*  
Website: [www.yfsinc.org](http://www.yfsinc.org)

#### **Main Office**

5 Commerce Drive  
Skowhegan, ME 04976  
207-474-8311  
Toll Free: 1-888-420-9605  
TTY: 207-474-9894

#### **Augusta**

72 Winthrop Street  
Augusta, ME 04330  
207-626-3478  
Toll Free: 1-877-258-7949  
TTY: 207-621-6390

#### **Emergency Shelter**

Halcyon House  
5 Commerce Drive  
Skowhegan, ME 04976  
207-474-8574  
(Children ages 10 to 17)

#### **Emergency Crisis Hotline**

1-888-568-1112



## Local Food Programs and Food Pantries

### 100 Pine Street Social Center

100 Pine Street  
Lewiston, ME 04240  
207-795-6040

Hours: Monday through Friday, 9 a.m. to 5 p.m.; Saturday and Sunday, 1 p.m. to 5 p.m.

### Augusta Food Bank

9 Summer Street  
Augusta, ME 04330  
207-622-7763

Hours: Monday through Thursday, 1 p.m. to 2 p.m.;  
and Monday, 6 p.m. to 7 p.m.

### Belgrade-Rome Special Needs Food Pantry

Belgrade Town Office  
Route 27  
Belgrade, ME 04406  
207-495-3855

Hours: Tuesday, 9 a.m. to 11 a.m.

### Bethel District Exchange

19 Philbrook Street  
Bethel, ME 04217  
207-836-3701 ext. 203  
Hours: on demand

### Bingham Area Food Pantry

Owens Street  
Bingham, ME 04920  
207-672-4015

Hours: third Tuesday of the month, 8 p.m. to noon

### Bread of Life Food Pantry

90 Lewiston Road  
Mechanic Falls, ME 04256  
207-345-9501

Hours: second and fourth Fridays of the month, 10:30 a.m. to noon

### Bread of Life Ministries Soup Kitchen

157 Water Street  
Augusta, ME 04330  
207-621-2541

Hours: Monday through Saturday, 11 a.m. to 12:30 p.m.

### Brownfield Food Pantry

Serving Brownfield, Albany, Denmark, Hiram, Lovell, Stoneham, Stow,  
and Sweden

701 Pequaket Trail  
Brownfield, ME 04010  
207-935-2333

Hours: third Thursday, noon to 5 p.m.

### Buckfield Food Pantry

Buckfield Community Church  
Route 117 (Turner Street)  
Buckfield, ME 04220  
207-336-2145

Hours: 2nd Wednesday, noon to 1 p.m.

### Canaan Community Food Pantry

Route 2  
Canaan, ME 04924  
207-474-5069

Hours: first and third Tuesdays of the month, 5 p.m. to 6 p.m.; first and third Fridays of the month, 11 a.m. to noon

### **Canton Food Pantry**

Canton Fire Station  
Canton, ME 04221  
207-597-2694  
Hours: call as needed.

### **Care & Share Food Closet**

*Serving Farmington, Temple, Chesterville, New Vineyard, New Sharon,  
and New Portland*  
Fairbanks Neighborhood Center  
508 Fairbanks Road  
Farmington, ME 04938  
207-778-3833  
Hours: Monday, Tuesday, Wednesday and Friday, noon to 2 p.m.;  
Thursday, 4 p.m. to 6 p.m.

### **Carthage Food Pantry**

703A Carthage Road  
Carthage, ME 04424  
207-562-8874 or 562-7078  
Hours: Tuesday and Wednesday, 9 a.m. to 2 p.m.; Thursday, 1 p.m. to  
6 p.m.

### **China Community Food Pantry**

1320 Lakeview Drive at Paramenter  
China, ME 04926  
207-968-2421  
Hours: Friday and Saturday, noon to 1 p.m.

### **Chrysalis Place/Gardiner Food Bank**

Route 201  
Gardiner, ME 04345  
207-582-5507  
Hours: Tuesdays, 6 p.m. to 8 p.m.; Thursdays, 1 p.m. to 3 p.m.

### **Clearwater Food Pantry**

*Serving Industry, West Mills, and Chesterville*

Old Fire Station in West Mills

Industry, ME 04938

207-778-4523

Hours: Monday, 9 a.m. to 11 a.m.; Wednesday, 5 p.m. to 6:30 p.m.

### **Clinton Community Food Bank**

Brown Memorial United Methodist Church  
Clinton, ME 04927  
207-426-8975  
Hours: Tuesday, 2 p.m. to 4 p.m.

### **Community Christmas Project**

Connors Street  
Pittsfield, ME 04967  
207-487-2800  
Hours: Tuesday and Friday, 9 a.m. to noon

### **Community Free Baptist Pantry**

61 Lisbon Road  
Sabattus, ME 04280  
207-375-8399  
Hours: forth Wednesday of the month, 9 a.m. to 10 a.m. and 3 p.m.  
to 4 p.m. and emergencies

### **Congregational Church of East Sumner**

Congregational Church  
50 Main Street  
Sumner, ME 04292  
207-388-2335  
Hours: Call as needed

### **Cornville/Athens Food Cupboard**

Cornville Town Hall  
Cornville, ME 04979  
207-474-5930  
Hours: second Saturday of the month, 9 a.m. to 11 a.m.

**Corpus Christi Parish/St. Francis Soup Kitchen**

St. Francis Church Hall

Elm Street

Waterville, ME -04901

207-872-2281

Hours: Saturday and Sunday, 11 a.m. to noon

**Court Street Baptist Church Pantry**

129 Court Street

Auburn, ME 04210

207-784-6661

Hours: Tuesday and Wednesday, noon to 3 p.m.

**Dinner Bell North**

Route 5, Main Street

Fryeburg, ME 04037

207-935-2068

Hours: Wednesday, 2 p.m. to 7 p.m.

**Dixfield Emergency Food Pantry**

Dixfield Baptist Church

2 chapel road

Dixfield, ME 04257

207-562-9259

Hours: Monday and Thursday, 9 a.m. to noon

**Evening Sandwich Program**

69 Silver Street

Waterville, ME 04901

207-474-7370

Hours: Tuesday through Friday, 4 p.m. to 5 p.m.

**Fairfield Interfaith Food Pantry**

21 High Street

Fairfield, ME 04937

207-453-2780

Hours: 2nd and 4th Thursdays of the month and emergencies, 1 p.m. to 3:30 p.m.

**Families in Crisis Task Force Food Pantry**

Peru Grange Hall

Peru, ME 04290

207-562-8581

Hours: Monday and Thursday, 9 a.m. to noon

**First Baptist Church Food Bank**

321 Pond road

Mount Vernon, ME 04352

207-293-2273

Hours: Saturday, 10 a.m. to noon; call as needed

**Fryeburg Assembly of God Food Pantry**

8 Drift Road

Fryeburg, ME 04037

207-935-3129

Hours: Wednesday, 9 a.m. to noon; Thursday and Friday, 9 a.m. to 3 p.m.

**God's Kitchen**

209 Lincoln Street

Lewiston, ME 04240

207-783-6086

**Good Shepherd Food Bank**

Administrative Offices

P. O. Box 1807

Auburn, ME 04211-1807

207-782-3554

Office Hours: Monday to Thursday, 7:30 a.m. to 4:30 p.m.; Friday, 7:30 a.m. to 2 p.m.

**GRAMPA Food Pantry**

163 Main Street

Mexico, ME 04257

207-364-8603

Hours: Monday, 2 p.m. to 3:30 p.m.; Wednesday, 6 p.m. to 7:30 p.m.;

Friday, 9 a.m. to 11 a.m.

**Gramps Community Luncheon**

Main Street (under Town Office)

Mexico, ME 04257

207-562-4927

Hours: Wednesday, noon to 1 p.m.

**Greater Waterville Area Food Bank**

Pleasant Street United Methodist Church

61 Pleasant Street

Waterville, ME 04901

207-872-7564

Hours: Monday through Thursday, 10 a.m. to noon. No holidays.

**Hallowell Food Bank**

Hallowell Fire Department

Perley's Lane

Hallowell, ME 04347

207-623-0053

Hours: Friday, 1 p.m. to 2:30 p.m.

**Hartford Food Bank**

Hartford Community Church

Church Street

Hartford, ME 04221

207-597-2890

Hours: Saturday closest to the 15th of the month, 9 a.m. to 10:30 a.m.

**High Street Congregational Church Food Pantry**

106 Pleasant Street

Auburn, ME 04210

207-783-0714

Hours: Thursdays and by appointment, 10 a.m. to noon

**Hope Haven Mission**

209 Lincoln Street

Lewiston, ME 04240

207-783-6086

Hours: Breakfast served 8 a.m., seven days a week.

Lunch served Monday, Wednesday, and Friday, noon to 12:30 p.m.

Supper served Monday through Saturday, 4:30 p.m. and Sundays,

2:30 p.m.

**Jackman Food Cupboard**

Municipal Office basement

369 Main Street

Jackman, ME 04945

207-668-5962

Hours: third Wednesday of the month, 1 p.m. to 2 p.m., and emergencies

**Lisbon Area Christian Outreach**

Marion T. Morse Community Center

Lisbon Falls, ME 04250

207-353-9593

Hours: Thursday and Saturday, 10 a.m. to noon; Saturday, 8 a.m. to

10 a.m.

**Litchfield Community Food Bank**

1881 Hallowell Road

Litchfield, ME 04350

207-268-2067 or 268-9470

Hours: forth Thursday, noon to 2 p.m. and 6 p.m. to 8 p.m.

**Loaves and Fishes**

Albion Christian Church

Albion, ME 04910

207-622-6273

Hours: Thursday, 9 a.m. to 11 a.m.; Saturday, 9 a.m. to 11 a.m.

**Mercy Works/Vineyard Church Food Pantry**

9 Foss Road  
Lewiston, ME 04240  
207-784-9500  
Hours: Tuesday, 2 p.m. to 4 p.m.

**Mid-Maine Homeless Shelter**

28 Ticonic Street  
Waterville, ME 04901  
207-872-8082  
Hours: Monday through Friday, 1 p.m. to 4 p.m.

**Monmouth Food Pantry**

776 Main Street  
Monmouth, ME 04259  
207-933-2502  
Hours: Thursday, noon to 1 p.m.

**Norridgewock Community Food Cupboard**

824 Winding Hill Road  
Norridgewock, ME 04957  
207-634-3219  
Hours: Second Tuesday of the month, 9:30 a.m. to noon

**North Monmouth Food Pantry**

Community Center  
151 North Main Street  
North Monmouth, ME 04265  
207-399-2651  
Hours: Tuesday, 1 p.m. to 2:30 p.m.; Friday, 5 p.m. to 6:30 p.m. Call as needed.

**Northeast Dreamcenter**

18 Lithgow Street  
Winslow, ME 04901  
207-692-2128  
Hours: Friday, 8 a.m. to noon and emergencies as needed.

**Norway Community Lunch**

479 Main Street  
Norway, ME 04268  
207-743-2565  
Hours: Wednesday, 11:30 a.m. to 12:30 p.m.

**Oakland Food Bank Cupboard**

Memorial Hall  
Church Street  
Oakland, ME 04963  
207-465-4422  
Hours: Thursday, 4 p.m. to 6 p.m.

**Oxford Hills Food Pantry**

Christ Episcopal church  
16 Green Street  
Norway, ME 04268  
207-739-2866  
Hours: Monday, Wednesday, and Friday, 9 a.m. to 11 a.m.

**Oxford SDA Food Pantry**

259 Fore Street  
Oxford, ME 04270  
207-890-5739  
Hours: First Tuesday of the month, 11 a.m. to 2 p.m.

**Palmyra Baptist Soup Kitchen**

868 Main Street  
Palmyra, ME 04965  
207-938-3208 or 938-3537  
Hours: Tuesday, Wednesday, and Friday, 5 p.m. to 7 p.m.

**People Who Care Food Cupboard**

Main Street  
Madison, ME 04950  
207-643-2077  
Hours: Tuesday, 9 a.m. to noon

**Phillips Food Pantry**

(Serving Phillips, Avon, and Madrid)

86 Main Street

Phillips, ME 04966

207-639-3366

Hours: Second and forth Tuesdays of the month, 9 a.m. to noon

**Poland Community Church Food Bank**

1212 Maine Street

Poland, ME 04274

207-998-4069

Hours: Saturday, 10 a.m. to 2 p.m. or call as needed

**Rangeley Ecumenical Food Bank**

Episcopal Church

Main Street

Rangeley, ME 04983

207-864-3394

Hours: last Tuesday of the month, 6 p.m. to 8 p.m.

**Sacred Heart Church Soup Kitchen**

72 Pleasant Street

Waterville, ME 04901

207-872-2555

Hours: Monday through Friday, 11:30 a.m. to noon

**Salvation Army**

67 Park Street

Lewiston, ME 04240

207-783-0801

Hours: Monday through Friday, 9:30 a.m. to 2 p.m.

**Seventh Day Adventist Church Pantry**

310 Minot Avenue

Auburn, ME 04210

207-353-4086

Hours: Tuesday, 8 a.m. to noon

**Sidney Food Cupboard**

3018 West River Road

Sidney, ME 04330

207-547-3543

Hours: call as needed

**Sisters of Charity Food Pantry**

Corner of Bates and Walnut Streets

Lewiston, ME 04240

207-786-4909

Hours: Monday, Thursday, Friday, 9 a.m. to 11 a.m.

**Skowhegan Food Cupboard**

16 Cariani Street (behind Butler's Dry Cleaning)

Skowhegan, ME 04976

207-474-9249

Hours: Monday, Wednesday, and Friday, 10 a.m. to 11 a.m.

**Town of Smithfield Food Pantry**

Town Office

817 Village Road

Smithfield, ME 04978

207-362-4772

Hours: Monday through Friday, 8 a.m. to 4 p.m.

**Solon Food Closet**

Corner of School and Pleasant Street,

Solon, ME 04979

207-643-2544

Hours: Tuesday through Saturday, 10 a.m. to 4 p.m.

**Sowing Seeds for Life**

1134 Knights Hill Road

Sweden, ME 04070

207-935-1193 or 743-4418

Hours: first and third Wednesday of the month, 11 a.m. to 1 p.m.

**St. Anthony's Soup Kitchen**

Notre Dame de Lourdes Church  
291 Water Street  
Skowhegan, ME 04979  
207-474-9404

Hours: Monday, Tuesday and Thursday, 4:30 p.m. to 5:30 p.m.

**St. Francis House**

24 Dunn Street  
Auburn, ME 04210  
207-784-2901 extension 203

Hours: Monday through Friday, 8 a.m. to 4 p.m.

**St. John's Food Pantry**

Monument Street  
Winslow, ME 04901  
207-692-7951

Hours: 2nd and 4th Wednesdays of the month, 10 a.m. to 11:30 a.m.

**St. John's-St. Athanasius Church Food Pantry**

126 Main Street Avenue  
Rumford, ME 04276  
207-364-4556

Hours: Tuesday and Friday, noon to 3 p.m.

**St. Louis Church Food Pantry**

Church basement  
101 Second Street  
Auburn, ME 04210  
207-782-2577

Hours: Tuesday and Thursday, 9 a.m. to 11 a.m.

**St. Theresa's Catholic Church**

Oakland Soup and Sandwich  
35 Church Street  
Oakland, ME 04963

207-465-9037

Hours: Thursdays, 4 p.m. to 5:30 p.m.

**Starks Food Cupboard**

Starks Town Hall  
Starks, ME 04911  
207-696-3855

Hours: first and third Wednesdays, 10 a.m. to noon

**Strathglass Family Shelter**

32 Erchles Street  
Rumford, ME 04276  
207-364-3824

Hours: call as needed

**Stratton/Eustis Food Pantry**

Community Building  
Route 27  
Eustis, ME 04982  
207-246-6231

Hours: third Thursday of the month, 9:30 a.m. to 3:30 p.m.

**Tri-Town Food Cupboard**

19 Seekins Street  
Hartland, ME 04943  
207-938-2244

Hours: Wednesday, 10 a.m. to noon

**Tri-Town Ministerial Association Food Cupboard**

28 Church Street  
Livermore Falls, ME 04254  
207-897-3063

Hours: Tuesday – Thursday, 2 p.m. to 4 p.m.



### **Trinity Church – Jubilee Center**

247 Bates Street  
Lewiston, ME 04240  
207-782-5700  
Hours: Friday, 9 a.m. to noon  
Tuesday, Thursday, Saturday lunch: 11 a.m. to 12:30 p.m.  
Sunday dinner: 5 p.m. to 6 p.m.

### **Turner Food Pantry**

Route 219  
North Turner, ME 04266  
207-224-7781 or 224-8007 (after 3 p.m.)  
Hours: forth Wednesday of the month, 6 p.m. to 8 p.m.

### **United Methodist Economic Ministry Food Bank**

*Serving Salem, Strong, Freeman, Kingfield, and Carrabassett Valley*  
Route 142 Salem  
Salem, ME 04983  
207-678-2611  
Hours: Tuesday and Thursday, 1 p.m. to 4 p.m.;  
Saturday, 10 a.m. to 11 a.m.

### **University of Maine Cooperative Extension**

*Food program for low-income seniors 60 years of age or older and residents of Oxford County. Call for more information.*  
207-743-6329  
Toll Free: 1-800-287-1482

### **For Franklin County, Livermore, and Livermore Falls**

207-645-3764  
Toll Free: 1-800-645-9636

### **For Androscoggin and Kennebec Counties**

207-626-7777

### **Vassalboro Food Station**

Route 32  
Vassalboro, ME 04579  
207-873-7375  
Hours: Thursday, 11 to noon; and in emergencies

### **Wales Presbyterian Church Food Pantry**

Pond Road  
Wales, ME 04280  
207-375-6618  
Hours: first and third Thursday of the month, 1:30 p.m. to 3:30 p.m.;  
second Monday, 6:30 p.m. to 8 p.m.

### **Waterville Boys' and Girls' Club**

126 North Street  
Waterville, ME 04901  
207-873-0684  
Hours: Monday through Friday, 8 a.m. to 3:30 p.m.

### **Wilton Area Food Pantry**

*Serving Wilton, Weld, North Jay, and East Dixfield*  
United Methodist Church  
600 Main Street  
Wilton, ME 04294  
207-645-4885 or 646-2190  
Hours: Tuesday through Friday, 10 a.m. to noon

### **Windsor Food Bank**

523 Ridge Road  
Windsor, ME 04363  
207-445-2432  
Hours: first and third Thursday of the month, 6:30 p.m. to 8 p.m.

### **Winthrop Food Pantry**

High Street  
Winthrop, ME 04364  
207-377-8494  
Hours: Thursday, 1 p.m. to 3 p.m.

### **Women, Infants and Children Nutrition Program (WIC)**

*WIC is a nutrition program for thousands of Maine families. WIC serves all kinds of families with free nutrition advice, tips for staying healthy, recipes, and resources for growing families.*

### **Auburn**

Western Maine Community Action Program  
79 Main Street  
Auburn, ME 04210  
207-795-4016  
Toll Free: 1-877-512-8856

### **Augusta**

HealthReach Network  
263 Water Street, 4th floor  
Augusta, ME 04330  
207-621-6202

### **East Wilton**

Western Maine Community Action Program  
859 US Route 2 East  
East Wilton, ME 04234  
207-645-3764  
Toll Free: 1-800-645-9636

### **Skowhegan**

HealthReach Network  
165 North Avenue  
Skowhegan, ME 04976  
207-474-7463  
Toll Free: 1-888-942-6333

### **Waterville**

HealthReach Network  
63 Eustis Parkway  
Waterville, ME 04901  
207-872-1593

### **Woodstock Community Service**

Thurlow Hall  
Perkins Valley Road  
South Woodstock, ME 04219  
207-674-2566  
Hours: call as needed

## Local General Services

### American Red Cross

United Valley Chapter  
1180 Lisbon Street, suite 2  
Lewiston, ME 04240  
207-795-4004

### Community Concepts

*Services include family services, housing services, transportation, parenting skills, and money management.*

79 Main Street  
Auburn, ME 04210  
207-743-7716  
Toll Free: 1-866-221-4383

### Auburn

207-795-4065  
Toll Free: 1-800-866-5588

### Rumford

207-364-3721  
Toll Free: 1-800-866-5588

### Community Mediation Services

207-621-6848  
Toll Free: 1-800-831-0609

### Kennebec Valley Community Action Program

*Services for men, women, and children including family planning, transportation, heating assistance, parenting classes, childcare, and HeadStart in Kennebec and Somerset counties.*

For general information or questions  
Toll Free: 1-800-542-8227

### Augusta

219 Cony Road  
Augusta, ME 04330  
207-622-4761

### Skowhegan

26 Mary Street  
Skowhegan, ME 04976  
207-474-8487  
Transportation: 207-859-2506

### Waterville

97 Water Street  
Waterville, ME 04901  
207-859-1500  
Transportation: 207-877-5677  
Family Planning: 207-859-1638

### Maine CareerCenters

*Maine CareerCenters provide a variety of employment and training services at no charge for Maine workers and businesses. The Maine CareerCenter network consists of 12 full-service centers and additional service points and partner providers located throughout the state. For a complete list of locations, visit [www.mainecareercenter.com](http://www.mainecareercenter.com).*

### Augusta

21 Enterprise Drive, Suite 2  
Augusta, ME 04330  
207-624-5120  
Toll Free: 1-888-760-1573  
TTY: 1-800-633-0770

### Lewiston

5 Mollison Way  
Lewiston, ME 04240  
207-753-9000  
Toll Free: 1-800-741-2991  
TTY: 1-877-796-9833

**Skowhegan**

98 North Avenue  
Skowhegan, ME 04976  
207-474-4950  
Toll Free: 1-800-760-1572  
TTY: 1-888-697-2912

**Wilton**

865 US Route 2E  
Wilton, ME 04294  
207-645-5800  
Toll Free: 1-800-982-4311  
TTY: 1-888-697-2895

*The Maine Department of Labor has several partners in the workforce development implementation process. These service providers assist customers with program services. Some services may be obtained at the following locations on a limited basis. Call for more information.*

**Rumford**

Western Maine Community Action  
60 Lowell Street  
Rumford, ME 04276  
207-364-3738  
Toll Free: 1-877-421-7915  
TTY: 1-888-313-9400

**South Paris**

Western Maine Community Action  
232 Main Street  
South Paris, ME 04281  
207-743-7763  
Toll Free: 1-877-237-6171  
TTY: 1-888-313-9400

**Maine Department of Environmental Protection**

*(See detailed information in the Statewide section.)*

**Augusta**

28 Tyson Drive  
Augusta, ME 04330  
207-287-7688  
Toll Free: 1-800-452-1942  
TTY: 1-800-492-0859

**Maine Department of Health and Human Services**

*(See details under the Statewide section of this manual. Call the number below for office locations and specific services.)*

**Augusta**

35 Anthony Avenue  
Augusta, ME 04330  
(207)624-8090  
Toll Free: 1-800-452-1926  
TTY: 1-800-606-0215

**Farmington**

114 Corn shop Lane  
Farmington, ME 04938  
207-778-8400  
Toll Free: 1-800-442-6382  
TTY: 1-800-606-0215

**Lewiston**

200 Main Street  
Lewiston, ME 04240  
207-795-4300  
Toll Free: 1-800-482-7517  
TTY: 1-800-606-0215

**Skowhegan**

98 North Avenue  
Skowhegan, ME 04976  
207-474-4800  
Toll Free: 1-800-452-4602  
TTY: 1-800-606-0215

**South Paris**

243 Main Street, Suite 6  
South Paris, ME 04281  
207-744-1200  
TTY: 1-800-606-0215

**Maine Bureau of Motor Vehicles (BMV)**

*To obtain registrations, license plates, driver's licenses, and state identification cards, visit any of the branch offices listed below.*

**Augusta**

19 Anthony Avenue  
Augusta, ME 04330  
207-287-3330

**Lewiston**

36 Mollison Way  
Lewiston, ME 04240  
207-753-7750

**Mexico**

110 Main Street  
Mexico, ME 04257  
207-369-9921

*Mobile BMV Unit Locations: licenses and State identification cards only.*

**Bingham**

Municipal Building  
Murray Street  
Bingham, ME 04920  
Hours: second Thursday of the month, 10:30 a.m. to 1 p.m. and 2 p.m. to 3 p.m.

**Dover-Foxcroft**

United Methodist Church  
East Main Street  
Dover-Foxcroft, ME 04426  
Hours: second Tuesday of the month and last Wednesday of the month, 9:30 a.m. to 1 p.m. and 2 p.m. to 3 p.m.

**Farmington**

Elks Lodge  
120 School Street  
West Farmington, ME 04992  
Hours: first and last Wednesday of the month, 9:30 a.m. to 1 p.m. and 2 p.m. to 4 p.m.

**Jackman**

Town Office  
Main Street  
Jackman, ME 04945  
Hours: last Tuesday of the month, 11:30 a.m. to 2 p.m.

**Pittsfield**

Municipal Building  
Lower Conference Room  
Pittsfield, ME 04967  
Hours: first and second Fridays of the month; 9:30 a.m. to 1 p.m. and 2 p.m. to 3:30 p.m.

**Skowhegan**

Community Center

39 Poulin Drive

Skowhegan, ME 04976

Hours: second Monday, first Tuesday, and 2nd Wednesday of the month; 9:30 a.m. to 1 p.m. and 2 p.m. to 3 p.m.

**South Paris**

Trinity Lutheran Church

34 Buckfield Road

South Paris, ME 04281

Hours: last Monday of the month, 10 a.m. to 1 p.m. and 2 p.m. to 3 p.m.

**Waterville**

93 Main Street

Waterville, ME 04901

Hours: first Monday of the month and 2nd and 4th Fridays of the month; 9 a.m. to 1 p.m. and 2 p.m. to 3 p.m.

**U. S. Border Patrol**

Houlton Sector Headquarters (covers all of Maine)

**Rangeley Sub-Station**

2602 Main Street

Rangeley, ME 04970

207-864-5356

**Jackman Station**

229 Long Pond Road

Jackman, ME 04945

207-668-3151

**Western Maine Community Action**

20A Church Street

East Wilton, ME 04234

207-645-3764

Toll Free: 1-800-645-9636

Website: [www.wmca.org](http://www.wmca.org)

**Health Services**

9 Marston Street

Norway, ME 04268

207-743-2066

Toll Free: 1-800-524-8066

179 Lisbon Street

Lewiston, ME 04240

207-795-4019

193 Front Street

Farmington, ME 04938

207-778-4553

Toll Free: 1-800-587-9346

218 Penobscot Street

Rumford, ME 04276

207-364-3960

Toll Free: 1-800-346-9461

**Housing & Energy**

20A Church Street

East Wilton, ME 04234 207-645-3764

Toll Free: 1-800-645-9636

**STD/HIV Clinic**

179 Lisbon Street

Lewiston, ME 04240

207-795-4019

## **Maine Workers' Compensation Board**

(See Statewide Resources section for full description.)

### **Lewiston**

36 Mollison Way

Lewiston, ME 04240

207-753-7700

Toll Free: 1-800-400-6857

## **Local Homeless Shelters and Emergency Shelters**

### **Bread of Life Ministries Shelter**

155 Hospital Street

Augusta, ME 04330

207-626-3434

Website: [www.mainebreadoflife.org](http://www.mainebreadoflife.org)

### **Chisholm Shelter**

30 Erchles Street

Rumford, ME 04276

207-364-3348

### **Halcyon House**

Serving homeless youth, ages 10 to 17

5 Commerce Drive

Skowhegan, ME 04976

207-474-8574

### **Hope Haven Gospel Mission**

209 Lincoln Street

Lewiston, ME 04240

207-783-6086

### **Mid-Maine Homeless Shelter**

28 Ticonic street

Waterville, ME 04901

207-872-8082

Hours: 6 p.m. to 8 a.m.

Registration nightly: 6 p.m. to 10 p.m.

365 days a year

### **New Hope Shelter**

111 S. Main Street

Solon, ME

207-669-4402

### **Norway Family Center**

Rumford Group Homes

Norway, ME

207-364-3551

### **Oxford Hills Family Shelter**

Community Concepts

South Paris, ME

207-739-6502

Toll Free: 1-800-866-5588

### **Rural Community Action Ministry**

*Serving 13 towns in Oxford, Androscoggin, and Kennebec Counties.*

*Working with people to meet their needs for safe and adequate shelter, clothing, food, and basic well-being in a manner that maintains or improves their self-worth and dignity.*

81 Church Hill Road

Leeds, ME 04263

207-524-5095

207-524-3791

Website: [www.rcam.net](http://www.rcam.net)



### **South Paris Men's Center**

Rumford Group Homes  
South Paris, ME  
207-364-3551

### **St. Martin DePorres Residence, Inc.**

23 Bartlett Street  
Lewiston, ME 04240  
207-786-4690

### **Stafford Avenue Family Center**

Rumford Group Homes  
160 Lincoln Ave  
Rumford, ME  
207-364-2886

### **Strathglass Family Shelter**

Community Concepts  
17-19 Market Square  
Rumford, ME  
Toll Free: 1-800-866-5588

### **Trinity Shelter**

12 McClellan Street  
Skowhegan, ME  
207-399-7538

## **Local Legal Services**

### **Pine Tree Legal Assistance**

*Free legal services to low-income Maine people.*  
Website: [www.ptla.org](http://www.ptla.org)

### **Augusta**

39 Green Street  
Augusta ME  
207-622-4731

### **Lewiston**

37 Park Street, Suite 401  
Lewiston, ME  
207-784-1558

### **Pine Tree Legal Assistance Farmworker Unit**

*Legal advice and representation at no cost to eligible workers.*  
61 Main Street  
Bangor, ME 04401  
207-942-0673  
Toll Free: 1-800-879-7463  
TTY: 207-942-1060  
Hours: 8 a.m. to 12 noon; 1 p.m. to 3 p.m.

## Local Medical, Dental, and Mental Health Services

### Central Maine Medical Center

300 Main Street  
Lewiston, ME 04240  
207-795-0111  
Emergency: 207-795-2200

### Central Maine Heart and Vascular Institute

300 Main Street  
Lewiston, ME 04240  
207-753-3900

### Patrick Dempsey Center for Cancer Hope & Healing

The Dempsey Center  
10 High Street, Suite 301  
Lewiston, ME 04240  
207-795-8250  
Toll Free: 1-877-336-7287

### Rumford Hospital

420 Franklin Street  
Rumford, ME 04276  
207-369-1000  
Emergency: 207-369-1051

### Community Dental

*General dentistry services for people of all ages, incomes, and backgrounds.*

### Farmington

131 Franklin Health Commons, Suite 1  
Farmington, ME 04938  
207-779-2659  
Hours: Monday to Thursday, 7:30 a.m. to 5:30 p.m.

### Lewiston

177 Main Street  
Lewiston, ME 04240  
207-777-7442  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

### Rumford

60 Lowell Street  
Rumford, ME 04276  
207-369-3600  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

### D. F. D. Russell Medical Centers

Hours: 8:30 a.m. to 5 p.m.  
207-524-3501

### Leeds

180 Church Hill Road, Suite 1  
Leeds, ME 04263  
207-524-3501

### Monmouth

11 Academy Road  
Monmouth, ME 04259  
207-933-9646

### Turner

7 South Main Street  
Turner, ME 04276  
207-225-2676

### HealthReach Community Health Centers

#### Belgrade Regional Health Center

4 Clement Way  
Belgrade Lakes, ME 04918  
207-495-3323

**Bethel Family Health Center**

32 Railroad Street  
Bethel, ME 04217  
207-824-2193

**Bingham Area Health Center**

237 Main Street  
Bingham, ME 04920  
207-672-4187 (Health Center)  
207-672-3519 (Dental Center)

**Albion**

Lovejoy Health Center  
7 School Street, Suite 1  
Albion, ME 04910  
207-437-9388

**Madison Area Health Center**

8 South Main Street  
Madison, ME 04950  
207-696-3992

**Kingfield**

Mt. Abram Regional Health Center  
25 Depot Street  
Kingfield, ME 04947  
207-265-4555

**Rangeley Family Medicine**

42 Dallas Hill Road  
Rangeley, ME 04970  
207-864-3303

**Richmond Area Health Center**

24 Gardiner Street  
Richmond, ME 04357  
207-737-4359

**Strong Area Health Center**

177 North Main Street  
Strong, ME 04983  
207-684-4010 (Health Center)  
207-684-3045 (Dental Center)

**Livermore Falls**

Western Maine Family Health Center  
Central Plaza  
80 Main Street  
Livermore Falls, ME 04254  
207-897-4345

**HealthReach Network**

*Providing the highest quality home health, substance abuse, mental health and outreach services. Most programs offer a sliding fee scale, based on ability to pay, which allows everyone access to services.*

**Augusta**

9 Green Street  
Augusta, ME 04330  
Outpatient Counseling: 207-621-3750  
Community Support: 207-621-3700

**Waterville**

Hathaway Creative Center  
10 Water Street, Suite 307  
Waterville, ME 04901  
207-861-3400  
Toll Free: 1-800-427-1127

**HomeCare & Hospice**

Gardiner, Waterville, and Skowhegan areas  
207-861-3457  
Toll Free: 1-800-670-6959  
Toll Free: 1-800-466-3227

## **MaineGeneral Medical Center**

### **Augusta Campus**

6 East Chestnut Street  
Augusta, ME 04330  
207-626-1000

### **Harold Alfond Center for Cancer Care**

361 Old Belgrade Road  
Augusta, ME 04330  
207-626-4800  
Toll Free: 1-888-303-3422

### **Waterville**

Thayer Campus  
149 North Street  
Waterville, ME 04901  
207-872-1000

### **Seton Campus**

30 Chase Avenue  
Waterville, ME 04901  
207-872-1000

## **New Horizons Health Care**

### **K & C Quint Memorial Health Center**

167 Main Street  
North Anson, ME 04958  
207-635-2330  
Office Hours:

Monday, 8 a.m. to 5 p.m.  
Tuesday, 8 a.m. to 6:30 p.m.  
Wednesday, 8 a.m. to 2 p.m.  
Thursday, 8 a.m. to 5 p.m.  
Friday, 8 a.m. to 1 p.m.

Telephone Hours: Monday to Thursday, 8 a.m. to 4:30 p.m.; Friday, 8 a.m. to 12 p.m.

Answering Service: 207-861-5335, available 24 hours

## **Rangeley Region Health and Wellness Partnership**

25 Dallas Hill Road  
Rangeley, ME 04970  
207-864-2900  
For an appointment, call 207-864-3303  
After hours: 1-800-398-6031

## **Redington-Fairview General Hospital**

46 Fairview Avenue  
Skowhegan, ME 04976  
207-474-5121

## **Sacopee Valley Health Center**

70 Main Street  
Porter, ME 04068  
207-625-8126  
TTY: 1-800-437-1220

## **Local Rape and Domestic Abuse Services**

### **Abused Women's Advocacy Project**

*Supporting and empowering those affected by domestic violence and engaging the community in creating social change in Androscoggin, Oxford, and Franklin counties.*

Toll Free 24-hour Helpline: 1-800-559-2927  
Website: [www.awap.org](http://www.awap.org)

### **Family Violence Project**

*Serving Kennebec and Somerset Counties.*  
Crisis line: 1-877-890-7788.

### **Menswork Office**

218 Water Street  
Augusta, ME 04330  
207-623-7252

## Augusta

Crisis Line: 207-623-3569

## Skowhegan

Crisis Line: 207-474-8860

## Waterville

Crisis Line: 207-877-0835

## Rape Education and Crisis Hotline (R.E.A.C.H.)

*Serving Oxford County, Harrison and Bridgton.*

1 East Main Street, Suite 2

South Paris, ME 04281

24 Hour Hotline: 1-800-871-7741

Website: [www.reachmaine.org](http://www.reachmaine.org)

## Sexual Assault Crisis & Support Center

*Lessening the trauma-related suffering of sexual assault and promoting healing by guiding those affected by sexual violence toward survival through support, advocacy, education, and community collaboration.*

Website: [www.silentnomore.org](http://www.silentnomore.org)

Statewide Sexual Assault Support Line: 1-800-871-7741

## Local Thrift Shops and Clothing Resources

### Bearly Used Boutique

Kennedy Memorial Drive

Oakland, ME 04963

### Bountiful Blessings Thrift Store

42 North Avenue

Skowhegan, ME 04976

### Farmington Thrift Shop

185 Broadway

Farmington, ME 04938

### Goodwill Industries Thrift Shop

Augusta Plaza

Western Avenue

Augusta, ME 04330

1035 Lisbon Street

Lewiston, ME 04243

### Salvation Army Thrift Store

720 Main St.

Lewiston, ME 04240

184 College Avenue

Waterville, ME 04901

### Skowhegan Skills, Inc.

139 Water Street

Skowhegan, ME 04976

**St. Vincent DePaul**

80 Walnut Street  
Lewiston, ME 04243

**Stephens Memorial Thrift Shop**

17 Danforth Street  
Norway, ME 04268

**Vestry Community Thrift Store**

Main Street  
Monmouth, ME 04259

**What Not Shop**

240 Waldo Street  
Rumford, ME 04276